



Current Trends by Bekah

The benefits of Family- Style Dining

Although this might not be a new or currently “trending” topic, I do feel it is a topic that needs a refresher once in a while. In our busy hectic lives, allowing children to serve themselves, might just be one of those things we decide to skip for sanity sake, however, family style dining has many benefits that in the long run could make our lives easier!

Family style dining allows children to practice social skills, like sharing, taking turn, and saying “please” and “thank you”. It also allows children to develop gross and fine motor skills by performing tasks such as pouring their own milk and serving their own food. Importantly, it allows children to feel in control of their eating; they are given the opportunity to decide what to eat and how much to serve themselves. This could prevent future battles about how much to eat but also promote self-regulation as they learn to put the right amount of food on their plate for their energy and hunger level. By serving themselves it boosts self- confidence and independence, and teaches children mathematical concepts such as less, more, half, and full.

Here at BBLC, which I also encourage families to do at home, adults sit at the table with the children and act as role models by demonstrating healthy eating habits and appropriate table manners. Adults can encourage children to develop positive attitudes about food and are able to minimize distractions and redirect inappropriate behavior.

To have a successful family style dining experience encourages children to try all the foods and assist them with serving as needed. Do not force children to eat or to eat more food than they want. Make meal time enjoyable by making positive comments and smiling. Family style dining can take some time, but persistence will result in children who will develop lifetime skills at an early age.

BIRTHDAYS AND EVENTS

Child Birthdays

Annabelle in the Arctic Willows turns 5 on the 7th

Abram in the Cherry Blossoms turns 2 on the 18th

Ezra in the Flowering Ferns turns 4 on the 30th

Oliver in the Sweet Peas turns 1 on the 2nd

Staff Birthdays

Ashley on the 6th

Liane on the 15th

Bekah on the 19th

Staff Anniversaries

Alice – 1 year on the 11th

February was such a great month filled with love, friendship, and happiness! Thanks to countless people our Bake Sale was a huge success and we were able to raise over \$150 for Better Together. Better Together is such an important part of our center, these funds are greatly appreciated and will be put to great use. We are grateful to all of you who baked, bought, and donated!! Better Together’s next fundraiser will be our Art Auction in April.

Our first annual Sweetheart Dance was a big success and tons of fun. Who knew we had so many great dancers here! A thank you to all who attended and made the dance my new favorite tradition. Speaking of dancing, dance lessons with Ms. Chelsea begin again on Thursday the 25th. I will be sending out an email with more details as the day gets closer. I am also very excited about our Book Fair March 8th-March 11th. It’s a great chance to add to your book collection at home while helping Bee Balm improve our library as well.

Thank you all again from the bottom of my heart for your support and well-wishes this past month. I am looking forward to an awesome (and hopefully warmer) month of March!

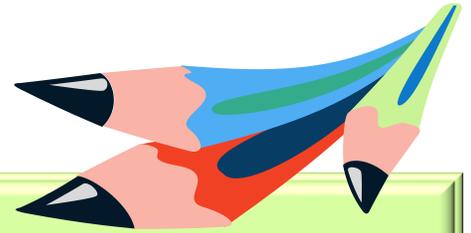
Sincerely,
Ms. Liane

**FOR NEW RECIPES
PLEASE CHECK OUT THE
PARENT RESOURCE
BOARD IN THE FRONT
HALLWAY!**



One of the children's favorite things to play with in the sensory tables here at BBLC is moon sand. Unfortunately, it can be a little expensive. Luckily, there is a cheap and homemade recipe that replicates moon sand almost exactly.

Just mix 8 cups of flour and 1 cup of baby oil and play away (you can also add food coloring for a pop of color)!



Tips for Parents

Language, cognitive, and social-emotional milestones are all affected by reading to children starting at a young age. So here are 5 simple tips that parents should follow when it comes to reading:

1. Read to your child every day. Even 15 minutes makes a huge impact!
2. Start reading to your child as soon as possible. Research shows that the more words parents use when speaking to an 8 month old infant, the greater the size of their child's vocabulary at age 3. You can't start reading to your infant too soon!
3. Make reading a part of your daily routine. Children love to form habits! Reading to children before bedtime is one way to do this. It is a great opportunity to have bonding time while keeping your child's attention.
4. Go to the library regularly! Reading with your children is free, is just costs your time.
5. Book reading apps and TV shows are NOT a replacement for parents reading to their children. While some apps and programs can be wonderful addition, don't underestimate the power of your own voice! It's an irreplaceable interaction.